perplexity

KJVB ,KING SOLOMON LOVED MANY STRANGE - UNFAMILIAR ,700 WIVES,ALTOGETHER

King Solomon "loved many strange (foreign) women"-including Moabite, Ammonite, Edomite, Sidonian, and Hittite women-despite God's warning not to intermarry with them, as they would turn his heart from God. Altogether, Solomon had 700 wives, princesses, and 300 concubines (1,000 women in total), and his wives did indeed lead him astray from the LORD as he grew older[1] [2] [3] [4].

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SOLOMON HAS 300 WIVES

King Solomon had 700 wives and 300 concubines, many of whom were foreign princesses from nations such as Moab, Ammon, Edom, Sidon, and Hittite territories. These marriages were often political alliances, but they violated God's command not to intermarry with foreign women, as they led Solomon's heart away from God[5] [6] [7] [8] [9].

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How did Solomon's marriages affect his relationship with God

Solomon’s marriages to many foreign women led him to worship their gods, turning his heart away from the LORD as he grew older[10] [11]. This disobedience resulted in idolatry and broke his exclusive devotion to God, which angered the LORD and led to consequences for both Solomon and the kingdom of Israel[12] [13] [11].

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ALL OF SHOTOKAN'S KATAS

Shotokan Karate has 26 core katas, with some schools adding Taikyoku Shodan as a 27th for beginners. Here’s the full list[14] [15] [16]:

- Taikyoku Shodan (sometimes included)
- Heian Shodan
- Heian Nidan
- Heian Sandan
- Heian Yondan

- Heian Godan
- Tekki Shodan
- Tekki Nidan
- Tekki Sandan
- Bassai Dai
- Bassai Sho
- Kanku Dai
- Kanku Sho
- Enpi (Empi)
- Jion
- Jitte
- Gankaku
- Hangetsu
- Chinte
- Sochin
- Meikyo
- Jiin
- Gojushiho Dai
- Gojushiho Sho
- Nijushiho
- Wankan
- Unsu

Most Shotokan dojos practice these 26 (or 27) katas as the foundation of their curriculum[14] [15] [16].

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Taikyoku Katas: Step-by-Step Overview

Taikyoku katas are foundational Shotokan forms, focusing on basic movements and stances. The most common are Taikyoku Shodan, Nidan, and Sandan. All use only two techniques: downward block (gedan barai) and stepping punch (oi tsuki), performed in front stance (zenkutsu dachi).

Taikyoku Shodan: Step-by-Step

1. Ready stance (yoi)
2. Turn left 90°, left front stance, left downward block
3. Step forward, right front stance, right punch
4. Turn right 180°, right front stance, right downward block
5. Step forward, left front stance, left punch
6. Turn left 90°, left front stance, left downward block
7. Step forward, right front stance, right punch
8. Step forward, left front stance, left punch
9. Step forward, right front stance, right punch (Kiai here)
10. Turn left 270°, left front stance, left downward block
11. Step forward, right front stance, right punch
12. Turn right 180°, right front stance, right downward block
13. Step forward, left front stance, left punch
14. Turn left 90°, left front stance, left downward block
15. Step forward, right front stance, right punch
16. Step forward, left front stance, left punch
17. Step forward, right front stance, right punch (Kiai here)
18. Turn left 270°, left front stance, left downward block
19. Step forward, right front stance, right punch
20. Turn right 180°, right front stance, right downward block
21. Step forward, left front stance, left punch
22. Return to ready stance[17] [18] [19].

Taikyoku Nidan & Sandan

- **Taikyoku Nidan** and **Sandan** follow the same pattern as Shodan, but substitute the punches with upper-level punches (jodan oi tsuki) or add different arm techniques. The step-by-step footwork and turns remain the same[20] [21].

Tip: Each move should be crisp, with strong stances and clear transitions. Focus on basics, timing, and posture.

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Bodybuilding & Physical Fitness for Shotokan Karate

Strength Training (Bodybuilding):

- Focus on compound lifts: squats, deadlifts, bench press, shoulder press, rows, and pull-ups[22] [23] [24].
- Typical structure: 3 sets of 10 reps per exercise, with 1 warm-up set[22].
- Train full-body 2–3 times per week for balanced development and recovery[22] [23].

Endurance and Conditioning:

- Incorporate bodyweight exercises: push-ups, squats, crunches, planks, and pull-ups[25] [26].
- For endurance: perform circuits or intervals (e.g., 30 seconds work, 10 seconds rest, repeat for 10–20 minutes)[25].
- Karate basics (kihon) and kata can be done in high-rep sets (10–20 reps per technique, multiple sets)[27].

Flexibility:

- Stretch all major muscle groups before and after training, not just legs; include neck, back, and arms[28].

Sample Weekly Plan:

- Strength: 2–3 sessions/week, 3 sets x 10 reps per exercise
- Endurance: 2–3 sessions/week, 10–20 minutes of circuits
- Flexibility: Daily stretching, especially after training

Tip: Prioritize explosive power and functional strength over pure muscle size for karate performance[22] [29] [23].

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Yoga & Pilates for Shotokan Karate

Yoga Benefits:

- Enhances flexibility, especially in hips and legs, allowing for deeper stances and higher kicks[30] [31] [32].
- Improves balance and body awareness, supporting stable and powerful karate stances[30] [33] [31].
- Boosts core strength and breathing control, aiding focus and ki (energy) management[31] [32].
- Reduces injury risk and promotes recovery through stretching and relaxation[34] [31].

Pilates Benefits:

- Builds core strength, crucial for strong punches, kicks, and overall stability[35] [36].

- Increases joint and spinal mobility, supporting fluid movement and low stances[36].
- Trains precision, control, and body awareness, improving technique execution[36].
- Enhances muscle endurance and agility, helping sustain performance during long training sessions[35] [36].

Recommended Approach:

- Incorporate yoga or Pilates 2–3 times per week.
- Focus on poses/exercises like Warrior (yoga), planks, wall squats, and spinal twists.
- Use mindful breathing and controlled movement to maximize benefits for Shotokan practice[30] [36] [32].

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WOMEN, LADIES,&GIRLS OF SHOTOKAN

Women and girls have played a significant and growing role in Shotokan Karate. While the art was originally male-dominated, especially in Japan and the US through the mid-20th century, social changes in the 1960s and 1970s led to increased female participation[37]. Pioneering women like Sensei Pauline Bindra became some of the highest-graded female practitioners globally and were instrumental in founding major Shotokan organizations and clubs[38]. Women have embraced Shotokan for self-defense, fitness, confidence, and mental focus, with dedicated classes and female instructors helping to expand access and visibility for women and girls in the art[37] [38].

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